

PUSH vs. PULL

Push Pull

Transcript

Before you PUSH or PULL, make a choice to protect yourself.

Because you are way more important than anything that needs to go from here to there.

So before you push or pull, take the time to make a choice to protect yourself.

Whenever possible, choose PUSHING a load instead of PULLING it.

Because when you PULL...

- If you walk backwards, you can't see where you are going.
- If you face the direction you're going, your arm is stretched behind your body, placing your shoulder and back in an awkward position that increases the chance for injury.
- And on top of that, when you pull, the cart can run over your feet or strike your ankles.

However, when you PUSH....

- You can see where you're going.
- Plus, pushing causes less stress on the shoulders and decreases the chance for injury.
- And, pushing is easier overall, because you can apply more force by leaning your body weight into the load.

So choose to PUSH whenever you can.

But regardless of whether you PUSH or PULL, place your hands at the right height.

- For PUSHING, the ideal hand location should be between your elbow and hip.
- For PULLING, the hand location should be between your hip and knee.
- Always use both arms.

PUSH vs. PULL

- To prevent crushing fingers on walls or other obstacles, make sure that your hands do not extend beyond the sides of the cart or equipment.
- Keep your back straight and your stomach muscles contracted.
- Stay close to the item you're moving.
- Wear appropriate footwear.
- Wherever you work, keep rolling surfaces clear of debris.
- Avoid rough or uneven surfaces.
- Use high-quality wheels or casters. In general, choose larger diameter wheels, which roll better.
- And finally, make sure that the loaded cart or equipment is stable and secure. Trying to catch a falling load may lead to an injury.

So make a choice. Choose to PUSH instead of PULL whenever you can. And regardless, choose the safest way.

Make a choice to take care of yourself.

PUSH vs. PULL